



NeSA Text Dependent Analysis (TDA)

2016 Released Passage

Grade 7

Passage: Labels for Life

Rangefinding Packet

For January 2017 Workshops

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author shows how he or she believes that learning to read nutrition labels is important in many places throughout the story. The first place is under Making Smarter Choices. The other section is under How to Read a Nutrition Label.

Under Making Smarter Choices it says, "You may never have considered that a banana muffin might contain more grams of fat than an entire plate of spaghetti and meatballs!" This helps relate to the reader and makes them think of foods that they eat and might want to take out of their diet. Right after that sentence it says, "Nutrition labels help you to become better acquainted with what you are consuming." This explains to the reader that they should look at nutrition labels on the foods they are eating.

Then, under How to Read a Nutrition Label the author says, "Some people assume that the information on the nutrition label pertains exactly to the size of the unit the food is sold in...as one large candy bar may consist of three servings." This lets the reader know that they should always look closer and pay more attention to food labels. Learning to do this will help you focus more on your surroundings and possibly help you to not get hurt so much etc.

In the end, learning to properly read nutrition labels helps you in a variety of different ways whether it be making better food choices, paying closer attention to what is going on around you, or what you need to be careful about when eating.

1458-0000

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author gives many reasons to read nutrition labels. He says that reading the nutrition label can help you make sure you eat enough calories a day. Thus, if you eat enough calories your healthy. The author states that if you too MANY calories it's unhealthy. Finally, if you stay with your daily calories you still might not be healthy. The trans fats and un-natural sugars can be unhealthy. That is what I think the author is explaining.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports his statement throughout the passage "Labels for life" using a brief history of the Nutrition Label, the ability to compare and contrast your food options, and the possibility of needing to multiply the information.

The brief history of the Nutrition Label states "The Nutrition Labeling and Education Act of 1990 was signed into law in November that states that all packaged foods must bear a label that clearly indicated what percentages of a person's daily recommended value of nutrients are provided by a typical serving of that food."

The author also says "Nutrition labels also allow you to compare and contrast your food options." and Simply because a food's packaging claims something does not make it true! The author also said that nutrition labels provide information about foods and nutrients you need most. Nutrition labels don't just help you avoid the unhealthy ingredients; they also help you choose foods that are high in specific nutrients.

The author provides you with information of how to read a nutrition label. They say to look at the serving size. Some people assume the information on the nutrition label has the exact size of the unit the food is sold in. Sometimes there is more than one serving in the food package. Therefore, if you plan to eat it all, you'll need to multiply the information on the label by the number of servings.

In other words, the author warns you to be careful of what you choose to eat. With looks on the package being deceiving, to look at the nutrition label before buying your food.

15016000

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports this statement by explaining how a nutrition label helps you become a better person. For example, in paragraphs 8-15, the author states on what the label's details are and what are included in the section, How to Read a Nutrition Label. In paragraph 15, the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." This is the main idea of the passage. The sentence after that though says, "Those choices could help you live a longer, healthier life---and that is definitely worth all the reading!" Throughout the section called Making Smarter Choices, the author says what the Nutrition label does and how it's useful in our lives and how it makes us eat healthier. In paragraph 5, the author states, "Nutrition labels educate you about what you are eating." In paragraph 6, they say, "Nutrition labels also allow you to compare and contrast your food options." The author is giving out reasons to start his sections about why the Nutrition label is important in our daily lives.

The author of this passage is trying to persuade us that reading the Nutrition label is a key thing in our lives, regardless if they received credible information. In the first sentence of paragraph 7, they state, "Nutrition labels provide information about foods and the nutrients you need most." The author then goes on and states those important nutrients. On paragraphs 9-14, the author states the nutrients that you need and the ones you don't need as much. For example, on paragraph 11, the first sentences says, "Watch for fat, cholesterol, and sodium." Sodium, cholesterol, and fat are nutrients that you don't need as much. Another example is the first sentence of paragraph 13. This says, "Stay keen on protein." Protein is a nutrient found in all sorts of foods, mainly in nuts and meats. Keen means either very accurate or stay at moderate level. The sentence means to eat the prescribed amount of protein. A final example is that, in paragraph 14, the author states the vitamins that are needed in a balanced diet. He says, "Listed at the bottom of the nutrition label are the percentages of vitamins." He then lists the different types of vitamins, like vitamin C, which is found in oranges, vitamin A, which is found mainly in carrots, and calcium and iron. Those two are found in most dairy products like milk and yogurt. In conclusion, the author's main point of writing this passage is to persuade the reader about the importance of the Nutrition label and how it can eventually help our lives in the future, in the present time, and in places like restaurants and the comfort of people's couches and especially in the grocery store and kitchen.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In "Labels For Life", the author states "Learning how to read a nutrition label is not only a great lesson in the key elements, but it's also a great way to learn about making better choices." The author supports this statement throughout the passage in many different ways. The author talks about when the nutrition label was made, how to read it, and how it impacts your diet choices. He also tells us how we know which diet is good for us. During this passage, the author describes how the label impacts our choices.

In "Making Smarter Choices", the author claims that we may have not noticed how some of our favorite foods may be packed with sugar and other unhealthy things that we may have not known before. Now, because of this statement, we know that maybe too much peanut butter may be a bad thing! The author also says that the nutrition label tells us what the product actually contains, and that even if the producers tell us that their product is "all natural", they may be stretching the truth. The author also tells us nutrients that we should consume. The author explains that the nutrition label also tells us good things like fiber, iron, calcium, and vitamin C.

In the rest of the passage the author gives us many other examples and choices we can make to benefit our health. For example, the author tells us that the nutrient levels on the label is not the amount in the whole product. It is only the amount per serving. This is how some producers try to get us to buy more of their food thinking it's healthier than other brands. Now because of the author we know how to really determine which is healthier than which.

The author also tells us what is a high amount of these nutrients and what are low amounts of each nutrient. Also the author describes to us how different lifestyles need different amounts of nutrients. The author says that a more active person could need more than 2,000 calories a day, while a less active person needs less than 2,000 calories a day. With this information, we can find out what our needs are based on our lifestyle. This helps impact our choices on what we eat.

The author did come through with his statement. With his help, the readers now have an idea in how to make better choices. The author supported his statement throughout the story. He gave us ideas on how to live a healthier lifestyle, and how we determine which diet is right for us. Now I know how to make better choices, and so do the other readers, on how to eat and have a healthy lifestyle.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Ever thought of what you consume, effects your everyday life? In "Labels For Life," the author tries to lead the reader into making healthier disicions. The author supports this by explaining which type of food can have an effect on your health. What's healthy or not, or what foods you have too much of, and also can decide whether your body is getting the right nutrients. These nutrients can effect everything including your health, and even your mood.

Getting enough protein everyday can make your energy levels high or low, and develops healthy muscles if consuming a good amount. You may be really tired one day, but that is most likely because you are not eating the right type of foods and nutrients. Reading the nutrition label of foods tells you how high or low something is in nutrients. When you buy something at the store, some people think that the whole product is what the nutrition label reads. That is false. There can be many servings in one food prouct, not the whole food product is a serving.

Don't be fooled when a food label reads, "All Natural". Some companies will try to trick the buyer into thinking that just because it says all natural on the front, doesn't mean they aren't lying of what ingredients are really in the product. The author is also trying to tell us that some food companies try to trick the buyer with the front label. Most consumers don't look at the nutrition label on the back and just rely on what the front says.

Your health is extremely important for everything you do. On the nutrition label, it lists all the vitamins the product has and all the percentages of the food that is based on a 2,000 calorie diet. Unhealthy things in your food are saturated fat, trans fat, sodium, and sugars. The author says that it is not healthy to eat all these things everyday and you must to limit them. If the consumer can't tell what is a healthy choice of foods, read the nutrition label and find the percentages. This will extremely help the consumer to make healthier options and be more aware of what food is actually healthy.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Hi! My name is Wyatt and I am going to talk to you about nutrition labels. We are going to start off by talking about a little history of the labels. Then we are going to talk about making smarter choices when buying and eating different foods. Finally we are going to talk about how to read a nutrition label.

First we are going to talk about a little history of the labels. In paragraph one it talks about the "Education Act of 1990 was signed into law in November." That "act mandated that all packaged foods bear a label." Then over the years they have made some minor changes to the act. "In 1994, the format of the labels were redesigned to list the most important nutrients." "Then, in 2003, labels were required to show the amount of trans fat in foods." (Par. 2) So they have made a few changes to the labels since 1990.

Now we are going to talk about making better choices when eating and picking out foods. Nutrition labels are there to tell you about what you are eating. "Nutrition labels also allow you to compare and contrast your food options." Like when you are trying to decide what food to buy you should probably pick the most nutritious food. So When picking out your food you should read the label so you know what is going in your body.

Lastly, we are going to talk about how to read the labels. First you are going to read the serving size. "Some people assume that the information on the nutrition label pertains exactly to the size of the unit the food is sold in. For example, you might think that a can of iced tea is one serving, when the can might actually contain two servings." (Par. 7) Also near the top of the can you will find the calories. People who are active tend to consume more calories to give them energy. People who are less active tend to eat less calories. Near the bottom on the far right side of the label you will see percents. That will show you the "percentages of one's daily values that a serving of food provides." (Par. 9) There are things you will have to watch for like, fat, cholesterol, and sodium. These are nutrients that you should try to limit. That is why you and how you should read the labels. It will help you stay healthy.

Thanks for listening. I hope you learned a lot about the history of labels, choosing the right foods to buy and reading the labels so you are aware what you are eating. Try to stay healthy and read the labels so that you can stay healthy.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Many people don't glance at the nutrition label. I know because I am one of those people, but this author is right in saying it is time some of us did. There are many ways to support that learning how to read a nutrition label is a great lesson and helps us make better choices about what we eat. If we looked at the label more often, we would know how much fat, sodium, sugar, and calories are in our snack. If you knew how bad the food you were going to eat is for you, then you would probably pick a better choice. You also would know how much good nutrients were in your food, and how much you should eat, instead of eating so much you feel queasy. Reading the label will benefit us in many ways.

Fat, sodium, sugar, cholesterol, and calories. The evil of the food groups. Nutrition labels clearly state how many of those things are in, perhaps, the donut you were about to eat. Those facts might make you want to put that round fat-filled treat down and eat an apple instead. If we just looked at the label, we would have so much more information about our food and our health.

We won't see just the bad things if we look at the label. We will also see how much calcium, iron, vitamins, and protein are in our dinner. If you are eating a steak, it will be full of iron and protein which is great for you! If you are eating an orange, it will be full of vitamin C! There are so many good things you don't know you are putting into your body, if you don't read the nutrition label.

Speaking of good things that are being put into your body, food in general helps you. It gives you energy and strength to go about your day. But eating too much food is a completely different thing altogether. The author of Labels for Life got it right when they said that a candy bar may hold up to three servings! I will admit that I am guilty of eating the whole chocolate bar even though it was most likely four servings. That is why I should have read the nutrition label. That is why you should read the nutrition label, so you don't end up eating a king-sized candy bar in one sitting like me. Then you will know when to stop, and it doesn't just apply to candy bars, it applies to everything else.

Nutrition labels should be read. Everything goes back to that statement. Reading those labels will definitely help you out in many ways. They can tell you what is bad in your food and hopefully remind you to pick another snack. They can tell you the good things about your breakfast, lunch, or dinner. Labels can also remind you when to stop drinking that big lemonade. It can help your life be healthier and can help you make healthier choices. So next time you go to the store, simply turn your product over to the black and white chart on the back and start reading.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

How does the author prove that learning how to read a nutrition label is educational? The author explains how the label works, why it's educational, and why it's important. Under the title "How to Read a Nutrition Label" the author explains how to read the label, gives you a very detailed description about each section, and what the importance is of each thing on the label. When an author does that it means that they really want the reader to learn and recognize the importance and purpose of a nutrition label. Under "Making Smarter Choices" the author explains how knowing what you are eating can help you make healthier choices when it comes to eating. You always want to try to eat healthy, and one way to do that is look at the nutrition label. I believe that was what the author was trying to tell the reader. Based off of all of this research I am convinced that the author has a good reason to tell us about the label, how the label works, and why the label is important.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Bryce just woke up and his stomach is growling. He goes down the stairs to get a bowl of his favorite cereal. There are tons of sugars in his breakfast but he doesn't really seem to notice. The only thing he is paying any attention to is the delicious fruity taste in his mouth. He got to school feeling great but once it was the middle of the day he was too tired to even pick up his pencil. He started to try going to bed earlier and letting himself sleep in more but it didn't seem to be working. His friends started to notice that he can't seem to keep his eyes open during the day, and they try telling him to start eating something healthier, but he tells them that there is plenty of healthy things in his breakfast. When he got home he took a look at the nutrition label and was happy to see that there were plenty of healthy things in it, but he wasn't so happy to see that there was also plenty of fats and sugars in it too. Reading a nutrition label can really help to keep you as healthy as possible, to get the amounts of everything you need everyday, and not eating things that you weren't supposed to eat. This is great for keeping yourself in a very healthy and nutritious life style.

In 1990 nutrition labels were required to be put on all packaged foods. Nutrition labels were made to show everything that was in your food. You would think that after these were made people would start eating healthier, right? Some people do look at the nutrition labels but a majority of people don't. Looking at the nutrition labels can help your life become much healthier. For example if you are trying to stop eating as much sugar and on the nutrition label it says its very low in sugar you wouldn't have a big problem eating it, but if it is very high in sugar you probably wouldn't eat it.

At the bottom of most nutrition labels there is the percentages of vitamins and other important nutrients. Using the percentages and amounts of everything in that particular food can help you with knowing what your eating each day. Watching what your eating everyday can help to get yourself in good shape. If you're trying to go on a diet then you could try adding up what you are eating each day and comparing it to was your goal was from the beginning. Without nutrition labels we wouldn't be able to keep track of how much we're eating everyday.

Nutrition labels are also good for making sure you don't eat something that you aren't supposed to. For example if you have a very strong peanut allergy and you don't check the nutrition label, you might eat that food without knowing there are any peanuts in it. You eat the food and break out in hives all over your entire body. Nutrition labels are also good to make sure you aren't putting too much of something in your body, such as sugars or fats.

In conclusion nutrition labels are great for staying healthy, watching what you are eating every day, and making sure you don't eat something that you aren't supposed to. Make sure that you always check the nutrition label before eating something you have never eaten before, or forgotten exactly what was in the food. That extra minute that it takes you to read the label is much better than that extra mile that you need to run to burn off the sugars and fats you ate, or the rashes and hives all over your body because you were allergic to something in the food. After Bryce started to take his friends advice he saw himself going to school more awake than ever. He had energy throughout the entire day and got great grades in school. He couldn't believe how much his life had changed by just reading a couple of nutrition labels!

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author uses several detailed descriptions to help make the reader understand how important it is to read a nutrition label. Reading a nutrition label can help people stay healthy and live a long, active life.

The author includes a visual in the beginning of the passage to represent nutrients in food that can be healthy or harmful. The graphic helps you understand how you would read a nutrition label, so you can maintain a healthy lifestyle.

Knowing about what's in your foods can be very helpful. You might not be able to eat a certain amount of one nutrient, so it is important to learn how to read a nutrition label. Too much fat, sugar, sodium, and much more is very bad for you. Learning to read a nutrition label solves all of your problems! All you have to do is find what nutrient you want to eat, or avoid, and find the number next to it. Is this food high in fats? Sugars? Cholesterol? Then you should not eat this food. On the other hand, if this food has a lot of protein, vitamins, or potassium, then this food would be great to eat. A good amount of calories per day would be about 2,000, maybe more if you're really active.

The author thoroughly describes which nutrients you should purchase and consume. Nutrition labels educate you on what you're eating, so then you can figure out if you are eating healthy or unhealthy foods. You can also compare and contrast food options. If you want to find out which brand to buy between several foods, just look at the nutrition label! The packaging might say that this product is "healthy" or "all natural", but is that what the label says?

Now that we have made our healthy choices for the day, go and look at the nutrition label, it really can change your life. Remember, nutrition labels are very important, using them will enable you to live a happy, long, active life!

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In this passage, the author has conveyed that it is important to learn about what you are eating and how to read the nutrition facts label. A statement in the passage that states that is "Nutrition labels educate you about what you are eating." This shows that he wants people to know about what they're eating. Even the titles of each section in the passage show it.

How to Read a Nutrition Label
Making Smarter Choices
A Brief History of the Nutrition Label

Shows that throughout this passage the author as supported his statement the whole way through. He keeps on saying how nutrition labels are important and that you should learn how to read them, because of your health.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices. There are many benefits from knowing how to read a nutrition label. "Nutrition labels help you become better acquainted with what you are consuming." This is important because that way you are not consuming harmful chemicals or things that could harm your body. "Nutrition labels allow you to compare and contrast your food options." This means you could see how two food options are the same and how they are different which would help when trying to live a healthy lifestyle. Being educated on reading nutrition labels is an ideal skill that comes with many benefits.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Learning how to read a nutrition label isn't only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices. I think it is important to learn how to read a nutrition label. It says "Labels can help you identify the food that are packed with nutrients like fiber, iron, calcium, or vitamin C. I think this is important because it's good to know what nutrients are in different foods. It also says "You can use the official nutrition labels to discover the amounts of calories, fat, sodium, and sugar in each option. I think this is also important because a person should know what all is in their food and how much of it. In conclusion, I think it is very important to know how to read nutrition labels.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I am going to tell you about the story I read.

I think the author wrote this tell people that it is important to read labels when you buy food. The reason is because if they want to lose weight than they need to do that.

0296988

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports this statement throughout the passage in many ways. First, it explained how it can be a challenge to find nutritious food. But then the author encouraged us to read a nutrition label. After that, it gave some history of the Nutrition Label, outlining that there was a law signed in 1990 that "mandated that all packaged foods bear a label that clearly indicates what percentages of a person's daily recommended value of nutrients are provided by a typical serving of that food." Then the author made a heading called, "Making Smarter Choices." The paragraphs talked about what the Nutrition labels provide and how we can benefit from them. It says, "Nutrition labels provide information about foods and the nutrients you need most. Nutrition labels don't just help you avoid the unhealthy ingredients; they also help you choose foods that are high in specific nutrients. Labels can help you to identify the foods that are packed with nutrients like fiber, iron, calcium, or vitamin C." Following that, the next subheading tells you "How to Read a Nutrition Label. The author breaks down the Nutrition label into sections so it would be easier to understand and comprehend. Each paragraph talks about one thing on the label, and explains what it means, how you can benefit, and what you can do. Last but not least, the concluding paragraph says, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices. These choices could help you live a longer, healthier life." All of that sums up the point of trying to get you read the Nutrition label carefully and to make better choices when you're deciding.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Did you know that almost all food products are supposed to have a label on the box or wrapper? Nutrition is a big part in humans lives expecially as you get older. Its always imporant to know what to eat and whats healthy and non healthy for you .

Knowing what to eat and not to eat is very imporant because you dont always want to be eating junk food and get overweight. Thats why they put labels on food , beacuse some people who maintain there weight and are in control of what they eat, check these labels . Nutrition labels educate you on what you and drinking . Some things you wouldnt think having high calories accualy do , for example soups contain high sodium levels or that many brands of penut butter and contained with so much sugar. Even a bannana muffin might even contain more grams of fat than a whole plate of spaghetti and meatballs.

Nutrition labels let you compare and contrast your food options , lets say you are deciding between a snickers bar and a bag of chips and for example the snickers says it has 350 calories and the chips only has 275 calories . The smarter choice of chosing between the two is picking the chips . Although there is one more thing to this you might think that an iced tea is one serving when the can is accualy 2 servings same with the snickers or any other candy bars. One large candy bar may contain 3 servings , although if you plan to eat the whole bar you will need to multiply information on the label by the number of servings. If the candy bar label says it has 9 grams of fat you will have to multiply 9 by 3 becasse thta sthe number of servings it has an d thats 27 . Wow thats alot!

If you are a person who is always working out and at the gym you might want to get two thousand calories in a day , and it might be easier for you to burn off the calories you got in a day . With overweightht people these days they dint even bother checking the label or seeingb the nutritious facts it might be harder for them to loose that many calories in one day , thats why its always imporant to stay healthy . The things you want to be getting inside your body almost every other day is Vitamins , protien which is in all meat products just always somthing healthy but what you want to avoid is sugars and fats those are the ones that will make you gain weight if your not exersizing.

Now that i have told you some reasons why you sould always read the label, whach what you eat and be sure your always getting some kind of pysical activity often.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports their statement throughout the paragraph by giving information about different things you need to learn to understand the nutrition label. The author first starts off by telling us how we can make better choices, then goes in to tell us about how different people need different types of diets. Lastly, he/she gives information about the different categories on the nutrition label individually.

First, the author explains why we should make healthier and smarter choices. They say, "Nutrition labels provide information about foods and the nutrients you need most. Nutrition labels don't just help you avoid the unhealthy ingredients; they also help you choose that are high in specific nutrients." By telling us this the author is explaining how we can read the nutrition label to help make better choices.

To help the reader make better choices individually the author compares active people to inactive people. "If a person is especially active, he or she might need more than 2,000 calories per day to stay energized; meanwhile someone who is more sedentary might need fewer than 2,000 calories per day." This helps to let the reader know that not everyone will make the same healthy choices, depending on their lifestyle.

Lastly the passage gives information about each category to better describe each nutrient on the nutrition label in detail. "Calories count. Near the top of the nutrition label, you'll find the number in each serving of that food." After it describes calories in more detail it later goes on to tell about the other bad things. "Watch out for fat, cholesterol, and sodium." Then, the author goes into more detail into those nutrients to help the reader better understand which nutrients are good for them and which should be avoided.

I think the author did a good job supporting their claim throughout the passage. They helped the reader to make smarter choices by explaining the importance of making better choices, and then went on to compare different lifestyles to help better adjust to their own, and lastly the author gave information about each nutrient on the nutrition label so the reader know which ones are good for them and which should be avoided.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports this statement because he or she is telling people how to eat food without trying to worry about how many calories they eaten or are going to eat. The author is teaching how to read a nutrition label and thats how people can bye healthy foods by just looking at the back of what they are trying to bye or eat.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In the text I know the author wants us to see the benefit of being able to read the nutrition label and make choices that are healthy. The reason

I think this is, that the author started by telling how and why the label was invented, how to make smart choices when purchase food, and teaches you how to read the label.

First of all, if the author didn't care about the label or disliked it they probably wouldn't take the time to research and write about how the label began. For example, they said "As time goes on, we might expect labels to continually evolve to reflect the most up-to-date information about human nutritional needs" which proves they care for healthy choices. They also talk about the law that was signed to make it so all packaged food has a label. I think the author wants us to take time and look at the labels as well as make healthy choices, and their dedication to tell us about the label's history proves that. This is only one of many reasons.

Not only does the author want us to know about the label, but they want us to be able to make healthy choices. One of my many reasons I think this is, because they tell you how the labels educate you and help you make smart choices. For example "When you are trying to decide among several different brands or types of food, the labels can help you determine which options are most nutritious". This is a clear fact that they want you to stay healthy and make good choices. Also, they state that labels show the information about the nutrients facts in food and which ingredients are the most healthy or you need most. I think this is another reason the author wanted to teach us about the label.

Finally, the author took their time to explain to us how to read a label and get the nutrition facts we need. They tell you in detail about the serving size, how many calories there are, to consider how much we eat, the importance of what the carbohydrates are coming from, how protein helps, and about the vitamins in food. The author wants everyone to know how to read a label so that they can live a healthy life style. Some of the evidence I found was "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices". As I said before I think the author cares about the choices we make and want to influence us to live a healthy life.

In conclusion, I believe the author wrote this passage to help us understand about how to live a healthy life. As I said above he wanted us to see how the label was invented, about how to make healthy choices, and teach us to read a nutrition label. It is very clear that he wanted us to learn to read a label and make healthy choices. So, try reading a label the next time you go shopping.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." The author supports this statement throughout the passage by telling us how to read a nutrition label, how we can tell what food choices are healthier than others based on the ingredients and their amounts, and how to make smarter choices based off of the information on nutrition labels.

"How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label." This is what the author said about how to figure out if certain foods are healthy or not. Reading the nutrition label is the first thing that you should do before buying or eating different foods. When you look at the label, you need to look at the serving size before anything else because all the nutrients and other ingredients are written in an 'amount per serving' list. If you are going to eat more than one serving of some kind of food, you need to multiply the number of servings you will consume by the amount of the ingredient or nutrient. After you figure out the amounts of the ingredients that you will consume, you can see if they are in the correct amount range of that ingredient.

"Nutrition labels provide you with information about foods and nutrients you need most." The labels tell you what ingredients are not healthy, like fats, salts, calories, and carbohydrates. They also inform you about the healthy nutrients, like protein, iron, calcium and fiber. The amount of ingredients such as calories that you need to take in each day differs based on age, gender, and amount of exercise per day. On the right side of a nutrition label, there is a percent of the daily value of the ingredient. The percentages are based off of the average amount of that nutrient, but it may be more or less. Generally, five percent or less is considered a low amount of an ingredient, and 20 percent or more is thought of as a large amount. If you know how to read a nutrition label, you will be able to determine which foods are healthy and which ones are not.

"How do nutrition labels help you make better choices about what foods to purchase and consume?" Once you know how to read and interpret a nutrition label, you will know how to make smart choices. Nutrition labels let you compare different foods and select the healthier choices. For example, food that are high in calories are probably not the best choice, but foods that are lower in calories and higher in protein and iron are a better choice. Reading food labels gives you the facts about food choices: "Simply because a food's packaging claims that it is 'healthy' or 'all natural' does not make the statement true!"

Reading nutrition labels helps you make healthy food choices. You can do this by reading nutrition labels, finding out which food options are healthier based on the ingredients, and then making better decisions based off of the ingredients in the food choices. Making good food choices have major benefits. "Those choices could help you live a longer, healthier life- and that is definitely worth all the reading!"

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

You need to learn how to read nutrition labels because they help you choose the right food to eat. They tell you what is really in the food you are eating, not just what people are claiming the food contains. "Learning how to read a nutrition label is not only a great lesson... but it's also a great way to learn about making better choices."

Making smarter choices is important. You should know which foods you should eat and which you shouldn't be eating too much of. "Nutrition labels help you to become better acquainted with what you are consuming." (Par. 5 Sentence 4) You can also compare two foods by their nutrition labels and choose the best one. "When you are trying to decide among several different brands or types of food, the labels can help you determine which options are most nutritious." (Par. 6 Sentence 2)

Choosing the right foods will make you stronger and healthier. "You can use the official nutrition labels to discover the amounts of calories, fat, sodium, and sugar in each option and select the one that is the healthiest." (Par. 6 Sent. 4) You can also find the foods with the healthiest ingredients. "Labels can help you identify the foods that are packed with nutrients like fiber, iron, calcium, or vitamin C." (Par. 7 Sent. 3)

Learning how to read a nutrition label is also very important. You have to learn to read one before choosing the right food. "Start with the serving size. Some people assume that the information on the nutrition label pertains exactly to the size of the unit the food is sold in." (Par. 8 Sent. 1+2) The next part of reading a label is the amount of good and bad ingredients. "Consider the percentages. The far right side of the label shows the percentages of one's daily values that a serving of the food provides." (Par. 10 Sent. 1+2)

From there you can just keep reading from left to right all the way down to the bottom. Then you can do the same thing to the labels you're comparing it to. You can choose the best one, and done! You now have a nutritional snack to eat. Learning how to read a label is not only a great lesson in the key elements of nutrition, but it is also a great way to learn about making the right choice on eating the best foods for you.

875176000

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

If you read a nutrition label you can most likely see if the food is healthy or not. Reading a label can help you see how much fat or calories you are putting into your body. Also if you want to loose wait it would be great to read the labels. You may also see the ingrediants incase you are alergic to something.

When you are cooking and you are allergic you should read the label of the ingrediant that you are using. On the nutrition label it also shows the serving size. When your loosing wait I would make sure you look at the serving size and the total calories.

It also shows how much vitamins you are getting and which vitamins you are getting when you eat that item. Also make sure you look at the protien. Protien is very healthy and it will help if you are trying to loose wait. That is the main thing i look at when i get something with a nutrition label.

Nutrition labels educate you about what you are eating. Nutrition labels will help you when you are at the grocery store and you want to buy an item for a meal that you want to make. They also allow you to make a deession on if you want to buy that item or not. You may want to consider the percentages of the items that are in the item you are either buying or using.

Learning how to read a nutrition label is an important thing in life. If you dont know how to read a nutrition label then how are you supposed to know what is in the item you want or are using? If you want to be healthy then read and make sure you know what is in your meal or item. Make sure you control how many calories you put in your body. You don't want to put in fat, cholesteral or any sodium these nutrients are very bad for your body when trying to stay in shape.

173396000

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Have you ever wondered how bad candy bars actually are for you? Have you ever stopped and just looked how much fat or calories a candy bar actually had? Next time you get a candy bar stop and read the nutrition label. It can get you crazy amounts of information on the food you are selecting.

The Nutrition label can show you everything you need to know about that food of it's good or horrible for you. Don't get cheated out because you didn't look at the serving size. The first thing you should always do when looking at a label is check the serving size. There might be a candy bar that on the label the serving size is only half the bar. So you could think you are eating 100 calories but actually be consuming 200 calories. Just because of that doesn't mean the nutrition label is a bad thing.

Next I'm going to talk about just how many calories you actually should be consuming. If you are very active you most likely would need more than 2,000 calories. Someone who doesn't do as much will most likely need less than 2,000. If you eat the right amount of calories it will give you energy to last the whole day.

If you just want a certain vitamin like let's say Vitamin D, nutrition labels can show you that. They don't just help you avoid the bad things but also inform you on what you are getting that's good. Some foods are packed with good things like Calcium, iron, fiber, and vitamin D. Finally with these nutrition labels you would just get to see the good things you are eating. In conclusion nutrition labels show you good things you are eating.

Last but not least Nutrition labels can help you understand what you are eating. The might be eating a soup and think it's really healthy because of all the vegetables in it, but might not know of all the sodium they pack into that small can. Or a so called healthy muffin having more fat than spaghetti. Nutrition labels also helps you see what brands of food are healthier then the other. So if you do want to get some cans of soup you can contrast the different brands to see which is healthier.

As you can see understanding nutrition labels is a big way to start consuming healthier choices of food. So next time you get a Hershey's candy bar read the nutrition label.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Countless products are being overlooked in a person's diet. Seeing as though a person should have at least an hour of exercise a day, food is part of what builds back the energy exhausted in the exercise. Nutritional labels on food shows what is in your food.

What do you think is in your food? Many people are used to buying the same products time and time again without realizing that there are much healthier options at display. Calorie counters typically lean towards the healthier spectrum of the marketplace. People with specific dietary needs definitely need to observe what is the items they choose to buy. They could have a condition or illness, such as cancer, which sets a boundary around food that can and can not be eaten. Famous chefs or your average joe needs to know what goes into the food they cook. If they are making a beef dish for example, a typical salt rub could have a healthier, nutritional alternative that reduces the amount of sodium and salt that goes into your food.

Many people have certain dietary necessities. People with diabetes must limit the amount of sugar they eat. Like they said in the passage, many foods are overlooked. Ketchup is a food most people enjoy in their meals, without knowing the high levels of sugar it may contain. Also, cholesterol and salt are huge no-no's in food. Low levels of these products are acceptable, but high amounts of them could seriously put a person at risk. In the documentary "Super size me", a man decides to eat McDonald's food, and only McDonald's food, three times a day, for 30 days. He was very healthy and fit when he began, but at the end of the month, he had doubled his chance at heart disease, and had extremely high levels of blood sugar. Foods should be made to have more vitamins and minerals, without harmful additions. Minerals being key to a person's structural health and vitamins for basically everything else, these are key parts to a person's diet.

In reality, the nutritional labels can be hard to read to the average person. Different percents, servings, and unknown words can confuse a person trying to find healthy alternatives to their food. On that note, serving sizes are typically ignored. A package of food might have four servings, and a person could finish it in one. According to the passage, percentages must be multiplied according to the amount of servings a person eats, to find the right amount of nutritional value a person just had. If you ask a normal person walking down the street what a calorie is, you'll definitely get a few varied answers, if they even have a clue. Many people see calories as fattening components in food, when in reality, calories are just energy put into the body. People that are more active need to ingest more calories than couch potatoes. Since they burned a lot of energy, calories and other products in food replace what was lost and keep the person healthy.

Although products have nutritional labels on them, a person's negligence puts their health at risk. A person might think, this little chocolate bar won't do me any harm, until they eat it in one serving and find out it has 25 grams of sugar for each of the four servings in that chocolate bar. Laziness and negligence is what seriously causes many problems in people's diets and their health.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

- S. How is the author analyzing this.
- T. He is trying to inform us about reading nutrition labels.
- E. He tells us the facts of nutrition labels.
- E. This is important because it tells us what it is about.
- E. He tells us about cautions about the labels.
- E. It is helpful because now we know what to look out for
- R. He is trying to tell us how to read nutrition labels

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author had some very valid points and details. He or She organized this passage with such great details by giving his or her opinion and also providing facts about nutrition labels. The author also states the importance of packages that aren't necessarily valid in "Making Smarter Choices" paragraph 6. It states that food packaging claiming that it is healthy or natural does not mean it is true, the paragraph tells you to ACTUALLY READ and to not believe every package name. The author does inform the reader to watch the fats, sodium, and cholesterol because in paragraph 11 it states that those components can/will become harmful overtime if eaten as if it was a regular diet. He or she a spectacular job asking a question then answering it with very supportive details. I loved the author mentioned the levels and when to know when they're high, such as the high calorie level ranging from 400-600 or higher depending on on if a person is active or more sedentary. Paragraph 10 explains the different calorie recommendations, usually people who are active need an average of 2,000-2,500 calorie diet to stay energized. A more sedentary person usually consumes a little less calories than a person who is active.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The statement "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." heavily supports the topic of the essay.

Throughout "Labels for Life", the main topic is nutrition labels. It explains the history, the uses, the benefits, and how to decipher the meanings of a nutrition label. It is described to be good for enrichment and to assist in making better choices. In the first section, "A Brief History of the Nutritional Label", it explains how the labels were formed in 1990 under the Nutrition Labeling and Education Act. According to "Labels for Life", "this act mandated that all packaged foods bear a label that clearly indicates what percentages of a person's daily recommended value of nutrients are provided by a typical serving of that food".

In "Making Smarter Choices", the benefits of a nutrition label are explained. It explains how you can read the information on a nutrition label to educate you on what you eating. Ergo, it allows you to compare your options of food. As it states in the section, "Nutrition labels provide information about foods and the nutrients you need most.". This relates to the main statement because it refers to "learning about better choices.".

In the next paragraph, "How to Read a Nutrition Label", the text informs you on how to read the information displayed. Parts of the labels, such as percentages, serving sizes, and calories are explained. It also states what to look out for, and what to prioritize in your food. This refers back into the statement by telling the reader about the "key elements of nutrition".

In conclusion, the statement "Learning how to read a nutritional label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices.", definitely supports the meaning of the passage. The statement includes information that is explained in each paragraph, such as how to read a nutrition label and better choices.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

He supports this by saying that nutrition labels help you compare which food is more healthier than another food. Like one label shows that this can of sweet corn is actually more healthier than a another can of sweet corn from a different brand.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Do you know how to read a nutrition label? Is it important to know how to read a nutrition label? Learning how to read a nutrition label is beneficial because it's a great lesson in the key elements of nutrition, and it's a great way to learn about making healthier choices.

Initially, learning how to read a nutrition label is helpful because it is a great lesson in the key the elements of nutrition. In the passage it states, "Listed at the bottom of the nutrition label are the percentages of vitamins and other key nutrients-such as vitamin A, vitamin C, calcium, and iron-a serving of food provides." This shows that learning how to read a nutrition label is beneficial because of the key elements of nutrition. The author wrote, " Watch for fat, cholesterol, and sodium. These nutrients are listed in the next section and are generally nutrients you should aim to limit." This means the fat, cholesterol, and sodium are key elements of bad nutrients that should be limited in your foods.

Futhermore, learning how to read a nutrition label is very beneficial because it can help you to make healthier decisions. In the reading it says, " Nutrition labels also allow you to compare nd contrast your food options. When you are trying to decide among several different brands or types of food, the label can help you determine which options are the most nutritious." This shows how reading nutrition labels can help you to determine the healthier choice of two or more options. The author wrote, " Nutrition labels provide information about foods and the nutrients you need most. Nutrition labels don't just help you avoid unhealthy ingredients; they also help you choose foods that are high in specific nutrients." This means that nutrition labels help us to determine the pros and the cons of certains foods.

Obviously, nutrition labels are benificial to us in many ways. Learning how to read a nutrition label is very important. If you can read a nutrition label that's a wonderful thing, but if you don't then you should learn how to.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Throughout the passage, "Labels for Life" the author uses many key details to support the idea that "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." To begin, the author talks about how you make better choices when purchasing or consuming foods after reading a food label. If you know how to read one, you know how certain foods will affect your body. The author also supports the statement when they said, "Nutrition labels educate you about what you are eating. You may not have noticed that some canned soups contain high sodium levels or that many brands of peanut butter are loaded with sugar." In this statement it proves that you learn to think before you eat. This idea is again supported when the passage tells you to be wary of a food's packaging. If a food's packaging claims that it is "healthy", read the nutrition label to see for yourself. It is easy to make the mistake of not looking carefully enough at a food and its labels.

Along with warning you to read the label and find out what you had been missing within certain foods, the author supports the idea that nutrition labels help you make better choices and learn about the key elements of nutrition when they state that labels can provide information about nutrients you need most. In the text it says, "Labels can help you to identify the foods that are packed with nutrients like fiber, iron, calcium, or vitamin C." Nutrition labels don't just assist in avoiding unhealthy ingredients. You will want to check which foods will be high in certain nutrients you might need. This is important when making better choices.

Throughout "Labels for Life", the author does a great job of informing about the key elements of nutrients. Beginning with the negative ingredients found in foods, the author talks about calories and how you can find them at the top of each nutrition label. It is also mentioned that the amount of calories needed each day varies from person to person depending on gender, weight, and amount of physical activity. It also explains calories and how different amounts mean different things. "A serving that has fewer than 100 calories can be considered low in calories, while a serving that has 100 to 300 calories contains a moderate amount of calories. Foods with 400 or more calories in a serving can be considered high in calories." Other ingredients the author warns about are fat, cholesterol, sugar, and sodium. The passage is very effective when mentioning what types of nutrients you should limit.

"Labels for Life" continues with the author explaining positive key elements. It begins when talking about carbohydrates. This is the body's main source of energy, but if eaten too much can be unhealthy. The author also mentions that you should, "Stay keen on protein." This nutrient will fuel you through your day. It is found in all meat products, beans, legumes, nuts, and dairy products. They also support with the importance of vitamins. This would include vitamin A, vitamin C, calcium, and iron. All of these nutrients should be a part of your daily intake.

To conclude, the author does an effective job of supporting the idea that "Learning to read a nutrition label is not only a great lesson the key elements of nutrition, but it's also a great way to learn about making better choices." They inform about positive nutrients, negative nutrients, and being careful when choosing your food. It teaches that you should think before purchasing or consuming.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

As I am walking through the super market, a long white label catches my eye. At the top it reads Nutrition Facts in bold. I am not sure how to read one of those but I once saw an article on how to read it. Maybe if I think about it hard I can remember it.

Nutrition labels provide facts about the nutrients that are provided on all types of food. They help you compare and contrast your food options. When you are reading a label always start with the serving size. Size varies within different people so it is good to know what your body needs to run.

Second you look at the calorie count. Near the top of the label you will find this, in general a serving that has fewer than 100 calories can be considered low, but 100-300 calories is considered a moderate amount in calories. Foods with 400 or more calories in a serving can be considered high in calories. Third, you consider the percentages. On the far right side of the label you will find numbers based on a 2,000 calories a day diet, that is the average diet. 5 percent or less of any nutrient may be considered a low amount, while 20 percent or more can be considered a high amount.

On the next section of the label are Fat, Cholesterol, and Sodium, those three nutrients are a few of the ones that you want to limit in your diet. The fat category is divided into further fats under it, too much in a daily diet can be harmful over time. Then it is carbohydrates, the labels show not only the total amount of carbs in food but how much come from fiber and sugar. Fiber is a healthy nutrient and is very good for you, sugar on the other hand is bad and you should have as low as possible. Always stay keen on protein though, it is found underneath the carbs and is found in all meat products, and is very healthy for your diet. At the way bottom the vitamins are listed, these ingredients may appear naturally or may have been added.

Learning how to read a nutrition label is very important to your health. It is a great way to learn how to make better choices. These choices will help you to live a longer, healthier life! In the end it is all worth the reading!

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Author was probably aiming to mean that reading any label on any food or product is very beneficial because it helps you know what's going into your mouth and if it's good for you or not.

18000000

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I think that the author has supported the fact that reading nutrition labels also help you learn to make better life choices by continuing to describe it in the passage.

First off, don't be gullable basically. For example, in the first paragraph in 'Making Smarter Choices' they author says, " You may not have noticed that some canned soups contain high sodium levels or that many brands of peanut butter are loaded with sugar." This shows the importance of knowledge. You need to make sure you have your facts straight before you trust something or someone.

My second reason also comes from 'Making Smarter Choices'. Here's a part of the text. " Simply because a food's packaging claims that it is 'healthy' or 'all natural' does not make that statement true!" This quote doesn't just apply to food labels, and I think the author knew that as he/she wrote. You can't just believe everything someone tells you. Not just people in the food industry lie to get a customer. It happens all over the business world. It doesn't make them bad, it's just their job. In fact, it's not even just business people. The author is saying don't believe everything you see or hear, figure out the truth yourself first... And if it happens to be true, then you can believe it.

My final reason is to pay attention to details. My evidence comes from paragraph 1 in 'How to Read a Nutrition Label'. Here it states, "Start with the serving size. Some people assume that the information on the nutrition label pertains exactly to the size of the unit the food is sold in. For example, you might think that a can of iced tea is one serving, when the can might actually contain two servings." If you skip a few lines it continues, "That candy bar label(that has 3 servings) might say it has only 7 grams of fat, but 7 times 3 servings makes 21 grams of fat in total!" The author makes it obvious that details are very important. If you don't look out for details, you might miss out and believe something that is false. Or you might catch something small with your eye that will come in handy later on. Details, details, details are key in truly understanding something.

Hopefully now you understand how the author connects the nutrition label to situations in real life. The things that connect them are make sure to have your facts straight, don't be gullable, and pay attention to details. Be cautious and don't buy into frauds. I think that's a good lesson to carry with you as you grow up and become independent.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports the statement of " Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but its also a great way to learn about making better choices." in many ways. At the beginning of the passage the author was telling us about the history of the nutrition label and how it wasn't always around. "The Nutrition Labeling and Education Act of 1990 was signed into law in November of that year." The nutrition label had helped us alot. Before people didn't have much of an idea of what they were puttion into their mouths. When making a healthy desicion you want to compare the things you eat before you just assume one is better than the other. Sometimes marketing businesses and food companied like to persuade you to buy their food but what you don't know is sometimes they lie. "Simply because a food's packaging claims that it is healthy or all nautral does not make the statement true." Labels are providing ways of looking to see whagt goes in your food, how much of it, and if you read it closely rather or not it is healthy for you or not. Sometimes the label says it is 'one serving' but really its seven servings. At the top of the nutrietion label it shows the calories and at the bottom it shows that is based off a 2000 calorie diet. It is always so important to read the label to find out whats in your food, find out if its healthy for you or not and much more.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In this essay the author makes his point by describing how we can stay healthy, giving us information about calories, and explaining what we need more/less of.

They tell us how we can stay healthy by reminding us that just because the package says it's healthy does not mean it really is. They say labels can help to decide on the best choice of food. They also tell us that we should learn about nutrients. Nutrients are healthy and we need them to survive, so they explain that certain foods can be higher or lower in nutrients. This quote also gives an explanation to how the author tells us how we can stay healthy, "You can use the official nutrition labels to discover the amounts of calories, fat, sodium, and sugar in each option and then select the one that is the healthiest." They also use the quote, "How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label."

The author also includes calorie count as one of their topics. They tell us that the calorie count can vary depending on the activities you do, if you're male or female, and other things. Going into detail with the varying calorie count, it can also play a role with your diet. The author explains that percentages on a label are based on a 2000 calories diet. Someone who exercises daily, or more than average might need some more calories to stay full of energy. Countering this, someone who doesn't exercise might need less calories than the 2000 diet. The author also gives us the normal amount of calories which is 100-300. Low is 100 and less, and high is 400 or more. This quote is from the author's paragraph on calories, "Again, the number of calories needed each day varies from person to person depending on activity level, gender, and other factors."

The author gives us information on what we should get more/less of. The author warns us to keep fat, cholesterol, and sodium at a low amount. The author tells us that too much can be harmful overtime. In contrast, the author depicts vitamins A and C, calcium, and iron, to be very healthy and states that the more we have the better. They also claim that we should eat plenty of protein to strengthen our muscles and maintain energy levels. A quote from the essay, "Watch for fat, cholesterol, and sodium. These nutrients are listed in the next section of the label and are generally nutrients that you should aim to limit." Another quote is, "Vitamins to the rescue! ... Many American diets are low in these nutrients, so the higher percentage here, the better."

Overall I explained how the author makes his point by describing how we can stay healthy, giving us information about calories, and explaining what we need more/less of. I think the author made an excellent point, and I think that mostly everything in their essay supported their main idea.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In "Labels for Life" the author shows how he or she believes that learning how to read the nutrition labels is important through many places in the passage. I will now state the main three examples I found..

One of the many examples the author states in the passage is "Those choices could help you live a longer, healthier life- and that is definitely worth all the reading!". He is referring to reading a nutrition label. This shows that the author wants to persuade you to read the nutrition label.

Secondly, the author says "How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label". This quote relates by the author telling you that you should read the label to tell you if the food is healthy.

Lastly, under the heading, Making Smarter Choices, the author says "Nutrition labels educate you about what you are eating". This means the author believes that you should read the nutrition label.

In conclusion, the author clearly provides examples of him wanting people to read the nutrition labels. The examples I found are in the first paragraph, in the last paragraph and under the heading Making Smarter Choices.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I think the author agrees with the statement that learning how to read a nutrition label can help you make better choices and teach people a great lesson in the key elements of nutrition. Some of my facts to back up this claim are in the section titled "How to Read a Nutrition Label".

First thing in the section that supports my idea that the author agrees with the statement is that it tells us to watch out for the percentage of trans fats and saturated fats in the product. It also states that you should look at how many vitamins (Vitamin C) and key minerals (Iron) are in the product so you can help break the debate over which food to get and it also lets you pick the one that is more healthy for you now and in future picks. Next it says that the amount of calories in a food can be good or bad depending on whether you are always active or a couch potato, by saying if you are active you need more calories while if you are lazy you should consume less calories. In this section it states that too much cholesterol, sodium and fat in a daily diet may be harmful over time. This is why this passage helps me say that the author agrees with the statement that nutrition labels are helpful to keeping a good food making choice and an excellent way for you to pick a healthier diet.

Another section of the text that helps me make this claim is in the section titled "Making Smarter Choices". First of all in the title it is stating that the author is trying to tell the readers that if you read the nutrition label that it will help you make better and probably healthier decisions about your specific food product. Now lets get to the reading, in it it says that Nutrition labels educate you about what you are eating. This definitely shows the author agrees with the statement asked in the question paragraph at the top of the screen. Next it says you may never have considered that a banana muffin contains more grams of fat than a entire plate of spaghetti and meatball! This also shows that the author agrees with the statement. And finally it says, a food's packaging claims that it is "healthy" or "all natural" does not make that statement true! I think with the evidence I have provided that anybody could agree that the author does agree with the statement that learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

If people trying to be healthy they can get healthy fruits or food but sometime it might be wrong. And people be forgeting to checking the labal and you just got have to cheack the labal if you want to be healthy.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In labels for Life its telling us how we need to eat cerain things to make our body more stronger and healthier. Its also giving us information on how to read labels on food we eat in everyday life. It also says how much we need to eat protein fat etc. Not just that its telling us what good for our body and what bad for it too.

For example there are people that don't exercise very much so there body very low on the enegry it needs to keep going. If people didn't exercise or eat, many people would be very weak and ill and wouldn't be able to move. By reading the labels it tells us how to keep our body healthy and strong so we have energy to do activites we do in everyday life. There are many people in this world that worry on how much they eat cause they want to keep in shape ,and not go out of shape. They look at the labels on foods and try to aim for foods with less calories which makes them happy cause there bodies are happy too.

If we didn't have labels on foods then not many people would get the food because they wouldn't know how much calories or proteins were in the product. Which would make the person very worried because they wouldn't know how much they are eating. If i was that person i would feel the same way because i wouldn't want to buy food without labels either.

Labels on our food make the world a better place because there are so many people that are happy to have labels on there food. There are people teaching others of what proteins fats etc. are so they know what they are. When they go to the store they know what in the food and how much is the product they are buying. Which makes the world safer.

Thanks for giving people labels on there foods without it the world wouldn't know what was in there food. The labels help so many people out . People that make labels probably thing man this label job is a big deal. Well you wrong cause if is without you making labels on the foods everything product would go down hill.Next time your in a store check out a label on a food product and see what you been eating.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Throughout the paragraph the author states many different facts about reading the nutrition label, making smarter choices, and the history of the nutrition label.

The way the author supports the topic is by teaching others about these kinds of things to inform us to make good choices. Secondly, the author is telling us to learn this for the first step of making good choices for everyone's health. The things we learn in this passage is just taking us to the next step of learning more about "making better choices."

That is what I feel about this story. There are lots more to say about the benefits of this story helping us make healthy decisions.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

it is important to know about the labels on the back of stuff because you need to know what your eating also you need to watch for fat, cholesterol, sodium [paragraph 11]
you might need more than 2,00 calories per day in order to stay energized [paragraph 10]

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I think people need to eat a little fat but not all the time every other day is enough you dont need to eat it all the time

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I think the author is pretty explanatory with what he/she is giving information about nutrition labels. I have a clear understanding on what he/she is trying to say. I guess I have never really thought about really reading nutrition labels because when my mom says it is healthy for you I just eat it. Now I will think about it differently and start checking my nutrition labels.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports their statement by putting details and facts in the paragraphs he writes.

011400

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

I think that the author gave such good details on the passage. The reason I think that is because it really explains in the story Labels for Life what a label has and everything. Well I really loved learning about how labels have changed and what they have on them. Thank You!!